

# Nutritional Value

Menu Item:

## Bagel & Lox

<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat</b>	<b>Saturated Fat</b>	<b>Trans Fat</b>
580	190	22g	11g	**
<b>Cholesterol</b>	<b>Sodium</b>	<b>Carbohydrates</b>	<b>Dietary Fiber</b>	<b>Sugars</b>
70mg	2730mg	63g	3g	5g
<b>Protein</b>	<b>Vitamin A</b>	<b>Vitamin C</b>	<b>Calcium</b>	<b>Iron</b>
31g	20%	10%	15%	15%